



*staff/student*  
**NEWSLETTER**

VOL. 11. NO. 23.

DATE: FEBRUARY 20, 1989

HAPPY BIRTHDAY, MR. WASHINGTON!

\*\*\*\*\*

"HEALTHY FAMILY" DOESN'T MEAN NO ONE IS SICK

from "Traits of a Healthy Family"  
by Dolores Curran

It takes more than physical health to make a healthy family. In fact, when 551 family practitioners were asked to describe the traits of a healthy family, they didn't mention illness at all. Listed below in order of priority are the 15 most common traits of the healthy family, as described by the physicians.

The healthy family:

1. communicates and listens
2. affirms and supports
3. teaches respect for others
4. develops a sense of trust
5. has a sense of play and humor
6. shares responsibility
7. teaches right and wrong
8. has a strong sense of kinship with many traditions
9. has a balance of interaction
10. has a shared religious core
11. respects the privacy of one another
12. values service to others
13. fosters family table time and conversation
14. shares leisure time
15. admits to problems and seeks help

During the Year of the Family, take a look at your family and see how healthy it is.

Because of the Presidents' Day Holiday on February 20, 1989, the NEWSLETTER will be distributed on Tuesday, February 21, 1989.

**Cafeteria Noon Menu:**

Dates: FEB. 20 to FEB. 24

Mon.- (Holiday) Chicken Patty on Bun  
Tues.- Baked Ham and AuGratin Potatoes  
Wed.- Indians Tacos  
Thurs.- Hot Dogs on Bun; Baked Beans  
Fri.- Old Fashioned Tomato Soup

IN THE NEWSLETTER "SPOTLIGHT"  
ARE

\* \* \* \* \* TWO GRADUATES FROM UNITED TRIBES TECHNICAL COLLEGE \* \* \* \* \*

Of special interest to the administration, faculty, staff, and students of U.T.T.C. are former students who graduated and who are now working. Those of us who have known these students often think of them and wonder how they're doing. Students currently attending U.T.T.C. probably wonder how past graduates have fared on the job market.

Two graduates of U.T.T.C. have visited the campus within these past six weeks, and the NEWSLETTER will now feature these students. Both are doing very well, and we are all proud of them!

JACKIE CADOTTE, from the Standing Rock Reservation, graduated from the Medical Records Vocation in 1988. Jackie's parents are Ruby and Don Cadotte, both of whom are on the staff of U.T.T.C. Jackie provided the NEWSLETTER with the information for this article when she was in Bismarck to be with her Dad during his recent hospitalization and surgery.

Jackie is currently working at the Bureau of Indian Affairs Personnel Department in Billings, Montana. Jackie told the NEWSLETTER: "I got my job in October of 1988. I like the work because I get to meet a lot of different and interesting people from all over the country. I originally chose Billings as one of my choices for a place to work because I know a lot of people there and because it's a nice place to live."

When Jackie was asked if there was anything she would like to say to the readers---staff and students---of the NEWSLETTER, Jackie said, "My advise to the students is to 'STAY IN SCHOOL!' And pay attention to your attendance. Have a good time with all your friends, but put first things first! In the long run, when you get a job, you will have to be on time for work every day, so while you're in school, keep up your time and attendance. The main thing is to FINISH YOUR EDUCATION; when things get a little too hard, don't give up! Don't be a quitter. Life is what you make it to be."

Those of us who had a chance to visit with Jackie were very happy to see her. Jackie doesn't forget her friends, and she comes back to say "Hi!" when she can. We all wish you luck, Jackie, and we thank you for taking the time to fill in the readers of the NEWSLETTER about your job and new location.



Another graduate of U.T.T.C. featured in the "NEWSLETTER SPOTLIGHT" is JOE MCGILLIS. Joe graduated from U.T.T.C. in the winter of 1986. He was an outstanding student in the Food Service Vocation.

In the fall of 1987, Joe started classes at the University of North Dakota in Williston; he attended UND-Williston for a year, where he took pre-requisites for a four-year degree. His classes included English, social studies, psychology, speech, and humanities.

In the fall of 1988, Joe transferred to the University of North Dakota in Grand Forks, where he entered the Social Work Program. He has been taking pre-requisites for his degree in Social Work. Some of his classes have been "Introduction to Human Services", "Social Welfare", "Child Welfare", "Human Behavior in Social Environments", etc.

Besides attending his classes, Joe has also involved himself in the Social Work Club on campus; members of the club do volunteer work for some of the helping agencies and community action programs in Grand Forks, such as the Salvation Army, YMCA, the "Listen Drop-In Center" sponsored by the Mental Health Association, the nursing homes, etc.

Joe has an interest in addiction counseling and his long-term goal is to become a licensed addiction counselor, in order to work on one of the reservations in North Dakota.

Joe's other interests, when he is not busy with his studies, include attending Pow Wows all over Indian Country, travelling (and making new friends), reading, and writing short stories. Joe is also a traditional dancer. He also does some bead work. Joe is the President of the American Native Student Association on the UND campus. This organization sponsors non-alcohol-related activities on and off the UND campus and works directly with the Native American students attending UND (and their families). The American Native Student Association sponsors the "dry dances", potlucks featuring speakers who talk about the effects of alcohol and drug abuse, etc. Some members of the organization go to small towns in the Grand Forks area to address students and other interested people on the problems created by chemical abuse. Joe pointed out that there are about 300 Native American students currently attending UND; the total enrollment of the University is approximately 12,000 students. Other Native American organizations on campus include: INMED, "the Seven Fires", and the VNDIA-"Strengthening of the Spirit". All these Indian organizations are working very hard on this year's "Time-Out", which is held in April at UND. Joe says that this year's "Indian Week" at UND will be very big this year because of North Dakota's Centennial.

About his attendance at U.T.T.C., Joe says, "If it hadn't been for my going to Tribes, I wouldn't have developed the self-confidence to go on to further my education. So I have to credit UTTC for helping me to overcome the fear of failure and for giving me the initiative to go on to school."

Joe's message to students at UTTC is: "Give school your best shot. Education calls for a lot of self-sacrifice, but it will pay off in the long-run. UTTC was a beginning for me and it can be for you. And age doesn't make any difference either. I was 35 when I enrolled at UND. You're seeing a lot more of the 'older-than-average' students now because they VALUE the education. Often, the

younger student just goes to school to party."

To all the staff of UTTC, Joe says, "Keep up the good work!!!" Joe went on to say that he's learned a lot these past few years...one thing is that "KNOWLEDGE IS ONE THING THAT OTHERS CANNOT TAKE AWAY FROM YOU." And he wants to thank the faculty and staff at UTTC for contributing to his awareness and his education.

We wish JOE MCGILLIS the very best of luck in his studies at UND and we thank him for brightening up our day by coming by to say "Hello". Joe is another former student who never forgets his friends! We're very proud of you, Joe!

TO: THE ADMINISTRATION, FACULTY, STAFF, AND STUDENTS OF U.T.T.C.  
FROM: THE DON CADOTTE FAMILY

We would like to say "THANK YOU VERY MUCH!" to each and every one of you who went to visit Don when he was in the hospital...who sent flowers and get-well cards (we especially appreciated those cards with silly comments!).....to all who asked about him...it meant a lot to us to know that you cared!  
THANK YOU AGAIN!

There was a Student Assembly Meeting on February 16, 1989, at 9:00 AM-10:15 AM. At that time, several topics were discussed by staff people and students. It was a good meeting, and many issues were clarified. The ninety-eight students who attended the meeting were given two hours of credit on their "Time and Attendance" records.

Coffee and cookies were provided for the staff and students who attended the meeting; the treats were made and brought to the meeting by Cafeteria Staff. We would like to thank the thirteen staff members who attended the meeting. Your time and commitment is greatly appreciated!

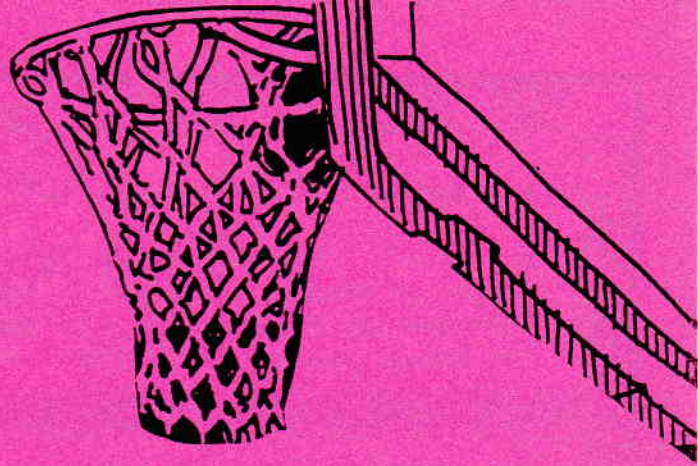
TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA!

WOW! There are some POWER PLAYERS of TRIVIA out there on the UTTC campus! We had winners again on last week's MOVIE TRIVIA. The winners were: PETE FEATHER, Welding Vocation, ROBIN SMITH, Carpentry Vocation, SHELLY CAMERSON, Automechanics Vocation, and DARRYL BUCK ELK, Carpentry Vocation. CONGRATULATIONS, WINNERS!

This week's NEWSLETTER TRIVIA QUESTION is on "World Events". Yes.....Readers, we should all know what's going on in the world around us....even on days when it's hard to know what's going on in the room around us! The question is: WHAT WORLD LEADER IS BEING BURIED THIS WEEK, FOLLOWING HIS DEATH NEARLY A MONTH AGO? Uh-oh! there are TWO PARTS to this question: Why are certain countries protesting all the "pomp and ceremony" with which this person is being buried?

If you know the answer, call Lois Lane at EXT. 227....or holler in her ear as she goes by! The winner receives a 6-pack of Coke. Remember, previous winners must wait a month before they can play the game again. GOOD LUCK!

The UTTC NEWSLETTER is an on-campus publication of the United Tribes Technical College, 3315 S. University, Bismarck, North Dakota 58504. Phone: 701-255-3285  
SUPERVISORS: David M. Gipp, President  
Dr. Loretta DeLong  
Vice-President of Student Affairs  
EDITOR: Mary Lemcke  
CONTRIBUTORS: Faculty, Staff, and Students of UTTC  
PRINTER: Terry Lewis

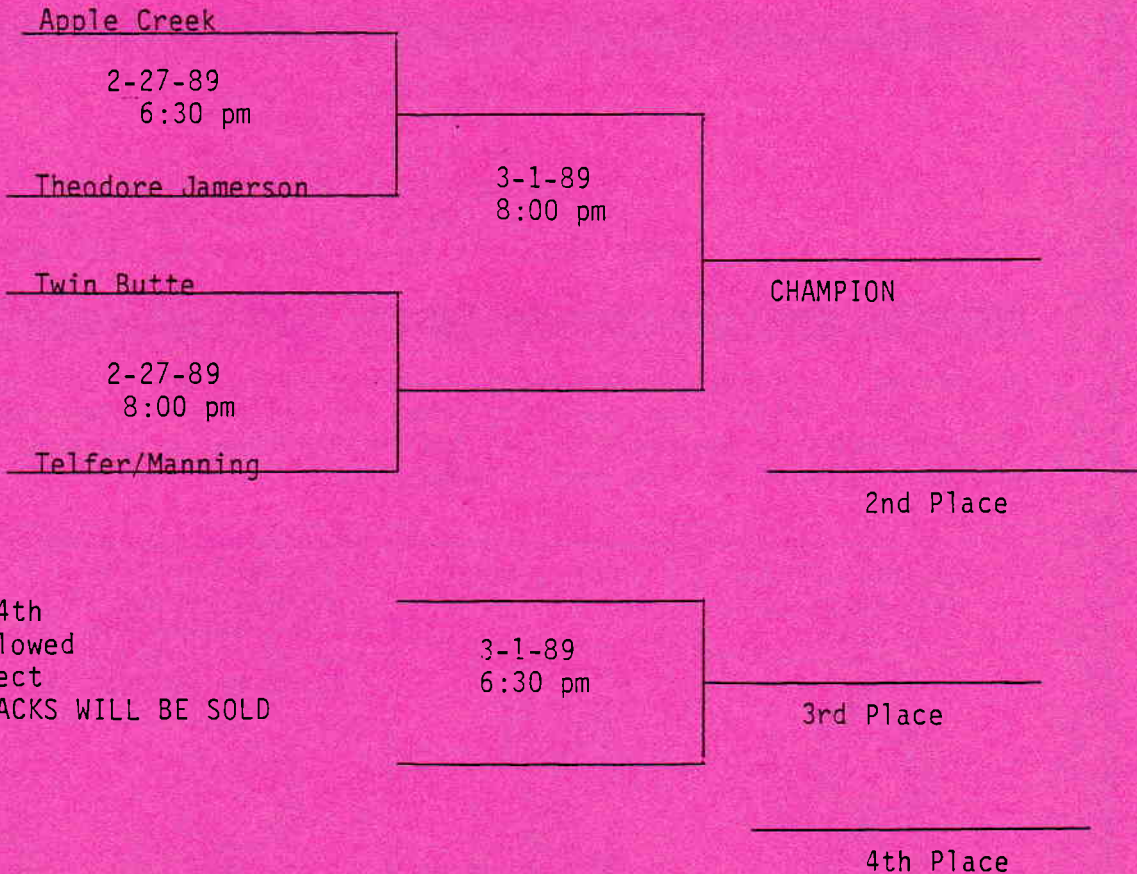


THEODORE JAMERSON ELEMENTARY  
2nd Annual  
BASKETBALL TOURNAMENT

WHERE: James Henry Community Building  
-United Tribes Technical College

WHEN: February 27th & March 1st

PAIRINGS



- \* TROPHIES FOR 1st - 4th
- \* Pressing will be allowed
- \* 3 Point shot in effect
- \*\*\* REFRESHMENTS AND SNACKS WILL BE SOLD

\*\* If any questions contact: Rick Bleichner  
255-3285 Ext. 303

VERY IMPORTANT ANNOUNCEMENTS!

A Title IV, Chapter I Public Hearing will be held at Theodore Jamerson Elementary School on Monday, February 27, 1989, at 4:00 PM in the school library. This is an open meeting for discussion of the proposed Title IV and Chapter I project for the school year of 1989-1990.

The Parenting Class for this week will be held on Wednesday, February 22nd, from 12:00 Noon until 12:50 PM in the Personal Development area of the Education Building. The topic of this week's class will be: "Love vs Control" and Anger vs Action". There will be no class on March 1, 1989.

DO YOU NEED TO GET YOUR G.E.D.? What are you waiting for? YOU have to take the first step toward getting the test taken.....or for preparation necessary in order to take it. Contact Bev Huber at EXT. 294.

The Thunderbird A. A. Group meets each week on Thursday, at 8:00 PM in the Conference Room of TOUCHSTONE LODGE. The only requirement for membership is a desire to stop drinking.

The UTTC A1-Anon Group meets every Wednesday evening at 7:00 PM at Building 68, the UTTC Chemical Health Center.

THE NURSERY SCHOOL  
STAFF AND SUPERVISOR  
ARE PLEASED AND PROUD TO  
ANNOUNCE THAT THE EMPLOYEE OF THE  
MONTH OF JANUARY WAS ELLA MANY BEARS!!!  
MANY THANKS TO ELLA! KEEP UP THE GOOD WORK!

On February 7, 1989, the President of United Tribes Technical College addressed the North Dakota State House Judiciary Committee concerning the recovery and reburial of the remains of the ancestors of Native Americans in our state. Mr. Gipp's speech will be presented in next week's NEWSLETTER.

WE JUST GOT OUR TEST BACK..I HATE TO LOOK...



I HOPE I DIDN'T GET A D-MINUS..



THEY SAY A D-MINUS CAN IMPAIR THE FUNCTION OF YOUR IMMUNE SYSTEM AND DISRUPT THE CHEMICAL BALANCE OF YOUR BODY..



SORRY, BODY



© 1989 United Feature Syndicate, Inc.